CFS 151: Food Science Lecture and Lab  
Department of Consumer & Family Sciences

Instructor Information:
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Office Hours: Vary by term. Current hours are posted on blackboard and my office door. Additional office hours are available by appointment.

Prerequisites: None.

Course Description:
Introduction to the study of the basic principles of food science as they relate to food preparation. Food components are studied and evaluated, including composition, palatability, flavor, color, texture, and safe food handling practices. Application of principles includes food preparation and evaluation of food products.


Additional Course Materials:
A simple calculator is recommended for class lecture days and exams. The calculator cannot be part of a cell phone, PDA or a calculator of the graphing and programmable type for use during exams. For each exam (there are two: midterm and final), students are responsible for bringing a calculator (see above), No. 2 pencil and a scantron sheet (#882-E).

Lab Supplies:
A uniform of a chef coat is required (white), as well as a hat of some form (baseball cap, chef’s toque, beret, skull cap, etc. Anything that will cover hair completely is acceptable). These items are mandatory for every lab day (excluding the first week). The coat and hat must be clean, free from obvious soil or odor and must be worn while in the lab. No student will be allowed to participate in a lab without a coat or hat. Appropriate footwear is also essential. Only closed-toe shoes will be allowed (no sandals) – shoes with good traction (rubber soles) are recommended.

Chef Jackets
They can be found at a number of web sites. There are two local stores that I am aware of: Allied Medical Supplies 1563 31 W Bypass and Gordon Food Service, GFS, off of Scottsville, next to Home Depot. The jacket should cost between $10 and $20 (don’t get the $100 ones!) and you will use them again in the other food labs. Full or ¾ length sleeves are required – short sleeves are not acceptable. Here are some popular websites
that you could also order from (I am not endorsing any particular site):
www.allheartchefs.com, www.chefthreads.net, dressyourchef.com,
www.allseasonsuniforms.com

Course Objectives:
1. To understand the basic knowledge of food classification and composition.
2. To analyze physical and chemical changes affecting the composition and palatability of foods occurring during the growth, storage, preparation, and preservation process.
3. To know the standards of quality of raw and prepared foods.
4. To comprehend basic knowledge of microorganisms and time-temperature relationships on the affect of food during storage, preparation, and preservation.
5. To view and understand the affect of cookery on food flavors, colors, textures, shapes and consistencies.
6. To evaluate factors in food properties.
7. To develop effective techniques for using kitchen equipment and work toward efficient and proficient small quantity food preparation.
8. To identify scientific concepts related to the way food behaves during different stages of preparation.
9. To understand the effect on foods caused by environmental conditions and materials added during phases of preparation.
10. Students are expected to read and comprehend text materials, attend lectures and labs, pass exams and quizzes, develop proficiency in various preparation techniques. Specifically, by the end of the semester be able to:
   a. Define terms related to food and food preparation
   b. Identify equipment and utensils utilized in food preparation and service.
   c. Describe food preparation processes.
   d. Correctly and efficiently utilize food preparation equipment and utensils.
   e. Identify acceptable standards for food products.
   f. Categorize foods into standard groups
   g. Appraise ingredients used in the preparation of food products.
   h. Describe special techniques involved in the preparation of food products.
   i. Justify preparation needed for specific foods.
   j. Indicate the similarities and differences in the preparation of various food products.
   k. Understand the need for correct and accurate measurement techniques.
   l. Prepare specific food products.
   m. Identify and specify various market forms of foods.

For Nutrition and Dietetics Students:
This class helps fulfill competencies (knowledge and skills) for Nutrition and Dietetics students set by the American Dietetic Association. To identify competencies specific to this class, please go to http://www.wku.edu/dietetics.
Grading and Evaluation:
Grades will be assigned according to the total points* achieved in the class as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage (%)</th>
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<tbody>
<tr>
<td>A</td>
<td>90 - 100</td>
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<tr>
<td>B</td>
<td>80 – 89</td>
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<tr>
<td>C</td>
<td>70 – 79</td>
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<tr>
<td>D</td>
<td>60 – 69</td>
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<td>F</td>
<td>59 or less</td>
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*Periodic, unannounced classroom activities, quizzes, or assignments may be given and be figured into the final grade. All dates are subject to change.

Exams and Grading:
1. Grades will be posted on WKU’s Blackboard web site (http://ecourses.wku.edu).
2. Additional information regarding examinations and assignments will be available the day after registration for the course, on the blackboard site for this course.

Participation, Attendance and Professionalism:
1. This course requires that you participate in class discussions in lecture and actively prepare and evaluate foods in the lab. This means that you contribute to class discussions by relating your experiences, asking questions, and making comments appropriate to the topics being discussed. Students will be assigned readings in the textbook, which will be discussed during a given class period (see course schedule). In order for the discussions to be meaningful, each student must come prepared to discuss the assigned reading and to make meaningful comments. Since participation plays a role in your final grade, it is essential that you have read the assignment.

2. Attendance in all classes is required. Roll will be taken daily. (See grading and evaluation section). 1.5 points are allocated for each lecture attended, and part of the lab’s 30 points is allocated for attendance. One make up lab is allowed per term. ONLY ONE! You will have to make arrangements to make up the lab within two weeks of the missed lab. Attendance is mandatory for the last lab, Lab 13 – no make ups will be granted for that lab, and an “incomplete” will be given for the course if this lab is missed.

3. Additionally, attendance will be considered when the final grade is determined. A borderline grade may be determined by attendance. Perfect attendance, or no absences, will boost a grade by up to, but no more than, 1 point. Thus, a final class average of 79.4% may be boosted to a “B” if NO absences have occurred; otherwise, a 79.4% is a “C”.

4. Roll will be called at the beginning of class. If you arrive after roll has been called, it is incumbent on you the student to indicate you were late at the end of class.
Statements such as, “I was late for class last Tuesday but forgot to tell you” will not change the absence.

5. Tardiness will be recorded and figured into the assigning of grades, especially when a student has a borderline grade.

6. All students are expected to conduct themselves in a professional manner. Unprofessional behavior such as, but not limited to, repeated disruption of class (including habitually walking in after class has started), sleeping in class, doing other course work in class, reading a newspaper in class, a ringing cell phone, talking on a cell phone during lab, frequent disruptive side conversations with other students and/or rudeness toward any person will be considered a serious violation of this standard and will lower your grade accordingly. Please be sure to turn off your cell phone before the start of class.

Lab and Lecture Course Schedules:

Additional Information will be available upon enrollment in the course. The detailed syllabus will be available on the courses’ blackboard site.

Policies:

Student Disability Services:

In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services in DUC A-200 of the Student Success Center in Downing University Center.

Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services.

Academic Dishonesty:

1. Students will be expected to do his/her own work for exams, quizzes and assignments.
2. Failure to comply with this policy will result in a failing grade for the exam/quiz/assignment and possibly the course.
3. Students should be aware of WKU’s academic dishonesty policy (see WKU catalog, 2005 - 2007, pg. 26), which states: “Students who commit any act of academic dishonesty may receive from the instructor a failing grade in that portion of the coursework in which the act is detected or a failing grade in the course without possibility of withdrawal. The faculty member may also present the case to the Office of the Dean of Student Life for disciplinary sanctions.”
4. Cheating: Use of an unauthorized “aid” while taking a test, having another person take an exam or quiz in the place of the student, stealing an exam or quiz, using
group work as an individual’s work, unauthorized assistance with assignments from others. Note: If the instructor or an exam proctor sees/finds a paper or electronic device with course information during the exam, this will be considered cheating and the student will receive a zero for the exam and possibly an “F” in the course. It is incumbent on the student to assure that all books, papers, notes and electronic devices that contain course information are securely stored away – there is no tolerance in this area.

5. Fabrication: falsifying data in laboratory results, inventing information for a report, or falsifying citations to sources of information.

6. Facilitating Academic Dishonesty: aiding another student in committing academic misconduct. This is punishable the same as cheating, for both parties.

7. Interference: Stealing, changing, destroying or impeding another student’s work. Impeding includes stealing, defacing or mutilating resources to deprive someone else the use of those resources.

8. Plagiarism: Using the ideas, words or statements of another person without giving credit to that person. A student shall give credit to the works of others if the student uses another person’s words, ideas, opinions, or theories or borrows facts, statistics or other illustrative material unless the information is common knowledge.